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Adult attachment style, passionate love, and the frustration of intimacy goals.

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ADULT ATTACHMENT STYLE, PASSIONATE LOVE, AND THE FRUSTRATION OF INTIMACY GOALS

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ABSTRACT

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The purpose of this study was to examine the associations of attachment style and passionate love with the pursuit, attainment, and frustration of intimacy goals, and to examine three sources of goal interference (i.e., own behavior, partner behavior, and external circumstances). Both members of 146 dating couples independently completed an Internet survey designed to assess attachment, passion, and relationship goals. Analyses were performed using the Actor-Partner Independence Model (APIM) in HLM. Actors high in passionate love were more likely to be pursuing and attaining intimacy goals and were less likely to report interference by partners. Actors reported greater success in achieving goals when their partners were highly passionate. Actors high in attachment avoidance and anxiety were less likely to attain intimacy goals, were more frustrated, and were more likely to report that their own behavior, their partner's behavior, and external circumstances interfered with goal attainment. When passion was reciprocated, participants reported less frustration and interference from all three sources. These findings highlight the importance of assessing the perspectives of both couple members.

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CHAPTER 1

INTRODUCTION

Passionate love (as described by Hatfield & Walster, 1978; Tennov, 1979) may be one of the most frequently occurring yet under-studied relationship phenomena identified by relationship researchers. As a search of the literature reveals, during the past 20 years, fewer than 30 studies have been published in major psychology journals that have tested hypotheses associated with passionate love. In addition, only a small handful of these studies have focused how passion is associated with relationship functioning (e.g., relationship satisfaction) while the remainder of these studies have focused on theoretically distant correlates of passion (e.g., cross-cultural differences, self-esteem, and trait anxiety). Even when Hatfield and Sprecher (1986) validated the Passionate Love Scale, they neglected to show how well these scores correlate with even the most basic aspects of passionate love (i.e., emotional involvement, and the desire to achieve union with another). As Berscheid (1985) noted, the lack of interest in passionate love is possibly due to the lack of a coherent conceptual framework for understanding specific emotional states which has subsequently turned passionate love into a neglected stepchild in the study of attraction and close relationships.

Nevertheless, theories regarding the dynamics of passionate love have been proposed by psychologists (Hatfield, 1988; Tennov, 1979) and non-academic scholars alike. Hatfield's (1988) review of these theories reveals a common theme with respect to the conditions that are believed to be necessary to maintain a state of passion, once it begins. Specifically, these theorists argue that passionate love flourishes primarily under conditions where goal attainment regarding the desired union with another is either uncertain or thwarted, but remains to be seen as obtainable. The purpose of this study is to examine the hypothesis that passionate love is associated with the frustration of goals aimed at achieving union with relationship partners.

The present study draws on attachment theory as a basis for understanding individual differences in interpersonal goals that, in turn, can be used to to predict the amount of intimacy goal frustration that individuals are likely to encounter in romantic relationships.

Attachment Theory

Attachment theory was introduced by Bowlby in a series of volumes titled *Attachment and Loss* (Bowlby, 1973, 1980, 1969/1982). According to this theory, the attachment system is an evolved mechanism designed to maintain proximity between infants and their caretakers under conditions of danger or threat in order to maximize the infant's chances for survival. Bowlby (1973) proposed that interactions with caretakers during stressful times in childhood become internalized within mental models of the self and others which eventually give rise to stable patterns of cognition and behavior. Ainsworth (1978) originally applied this theory to explain individual differences in the infant-caregiver relationship. In early studies, Ainsworth delineated three patterns of attachment based on the degree to which an infant has come to rely on his or her caregiver (or attachment figure) as a source of security. Ainsworth labeled these three patterns secure, anxious-resistant, and avoidant. In Hazan and Shaver's (1987) extension of attachment theory to adult love relationships, they described three adult attachment patterns parallel to those observed by Ainsworth. Bartholomew and Horowitz (1991) further refined this description by identifying two types of avoidance: *dismissing-avoidant* and *fearful-avoidant*. More recently, Brennan et al. (1998) have shown that attachment styles are better represented by two orthogonal dimensions rather than categories. The first dimension, labeled *attachment-avoidance,* represents the extent to which individuals are uncomfortable with intimacy and closeness. The second dimension, labeled *attachment-anxiety,* represents the extent to which individuals experience anxiety related to abandonment and the availability and responsiveness of relationship partners.

Attachment Theory and Relationship Goals

A fundamental assumption of attachment theory (Bowlby, 1973) is that individual differences in attachment-related behavior, affect, and cognition throughout the lifespan are guided by the contents of "internal working models of self and other." These models are composed of four organizing and interrelated components (Collins and Read, 1994): (1) memories of significant attachment-related experiences; (2) attitudes, expectations, and beliefs about the self and others in the context of close relationships; (3) attachment-related goals and needs; and (4) plans and strategies associated with the attainment of attachment-related goals and needs.

As Pietromonaco and Feldman-Barrett (2000) noted, although the overarching goal of the attachment system is to achieve a sense of security, important individual differences exist with respect to the lower level goals that individuals pursue in order to achieve this goal. Individuals with a secure attachment style strive for security by establishing a balance between independence and intimacy with partners. Preoccupied individuals pursue goals directed at achieving high levels of closeness. Those with an avoidant attachment style pursue goals aimed at maintaining emotional distance in conjunction with high levels self-reliance. Lastly, fearful individuals pursue intimacy while maintaining a safe distance from attachment figures at the same time.

The few studies that have linked interpersonal goals to attachment style support the existence of these differences. For example, in a retrospective self-report study of group task interaction, Rom and Mikulincer (2003) found that attachment anxiety was positively associated with the pursuit of intimacy during interactions with group task partners, while attachment avoidance was negatively associated with such pursuits. In another self-report study, Mikulincer and Nachshon (1991) showed that individuals self-disclose to their mothers, fathers, same-sex friends, and romantic partners in ways which suggest they are pursuing goals characteristic of their attachment style.

Passionate Love Defined

In this study, passionate love is defined in the terms of Tennov (1979), and Hatfield (1988). Based on interviews with over 500 individuals, Tennov first defined passionate love (which she labeled "limerence") as an intensely emotional state characterized by an overwhelming desire for proximity and contact with partners; a strong desire for reciprocation of feelings; intrusive thoughts of a partner; intense fears of rejection; and an intense fascination with a partner's physical movements and appearance. Later, Hatfield (1988) redefined passionate love as *"a state of intense longing for union with another characterized by profoundly high levels of physiological and psychological arousal."* When reciprocated even briefly, passionate love manifests itself as intense feelings of joy, fulfillment, and often ecstasy. Gone unreciprocated, passionate love is associated with intensely painful feelings of emptiness, anxiety, despair, desperation, and sometimes even terror (Tennov, 1979; Hatfield, 1988).

Intimacy as a Goal

Intimacy goals are defined as interpersonal goals that stem from a desire to maintain or increase the degree of physical, emotional, or overall interpersonal closeness that one has with a romantic partner. For example, "to communicate openly with your partner," "to give affection to your partner," "to feel close to your partner," "to give support to your partner," and "to have sex with your partner" would all be considered intimacy goals. These examples are also consistent with Baumeister et al.'s (1999) definition which describes intimacy as having three main characteristics. The first is mutual and open communication resulting in an increased understanding between partners. Second, intimacy involves strongly favorable attitudes towards the other manifested by warm feelings and a desire to benefit the other. Third, intimacy is characterized by the verbal and non-verbal communication of affection toward the other.

Passion as a Function of Changes in Intimacy and Its Attainment

In a comprehensive review of the literature on passion, Baumeister and Bratslavsky (1999) argued that passion is a function of changes in intimacy. Early in relationships, as partners grow increasingly close, feelings of passion track changes in intimacy such that increases in intimacy consistently trigger feelings of passion. However, once partners reach the upper limits of intimacy as their relationships stabilize, feelings of passion rapidly diminish and become increasingly difficult to re-excite. Baumeister et al. (1999) further argued that brief periods of argument, conflict, or separation are able to re-excite feelings of passion due to the way in which making-up and or reuniting can again be experienced as an increase in intimacy.

Parallel to the scenario presented by Baumeister et al. (1999) is that, early in relationships, individuals are predominantly pursuing intimacy goals which, when rewarded even briefly by success (i.e., an increase in intimacy), elicit positive emotions that are associated with and experienced as passion (i.e., joy, euphoria, and ecstasy). Once a relationship has stabilized and a high level of intimacy has been firmly established, these goals have largely been achieved. Thus, further increases in intimacy are no longer able to trigger the emotions associated with the attainment of intimacy goals. Likewise, when relationship partners experience conflict, separation, or other relationship disruptions, the interpersonal distance characteristic of these interactions may be sufficient to re-excite a need for intimacy. Hence, making-up or reuniting can again arouse passion due to the way in which intimacy goals are again being pursued and obtained.

According to this argument, the more that individuals who are pursuing intimacy experience disruptions in their relationships or are thwarted in their attempts to achieve intimacy, the more they should be able to maintain feelings of passion, if they exist. Indeed, research shows that attachment-anxiety, which fuels a high desire for closeness and interdependence with partners, is positively associated with the volatile style of fighting outlined by Gottman (Davis and Follette, 2000), and passionate love (Vernon & Pietromonaco, 2004). Likewise, attachment-

avoidance, which is negatively associated with the pursuit of intimacy (Vernon & Pietromonaco, 2004) and passionate love (Vernon & Pietromonaco, 2004) is positively associated with the avoidant (non-volatile) fighting style outlined by Gottman (Davis and Follette, 2000). Furthermore, attachment-avoidance has been linked to a drop in passion over time in relationships whereas attachment-anxiety appears unrelated to such a change (Vernon & Pietromonaco, 2004; Davis, Shaver, & Vernon, 2004).

Mismatches between Partners' Attachment Styles May Result in Frustration

These findings, however, do not address a more immediate problem that individuals face in their attempts to achieve union with their partners. Relationship partners may often possess fundamentally different relationship goals. If theorists are indeed correct in their assumption that passionate love flourishes when the desired union with another remains uncertain or is thwarted, the frustration of unmet intimacy goals, stemming from differences in attachment style, should be sufficient to maintain higher levels of passionate love if these feelings indeed exist. The research of Kirkpatrick and Davis (1994) provides insight into the prevalence of relationships made up of partners with different attachment styles.

In a sample of 354 dating couples, Kirkpatrick and Davis (1994) classified both members of 240 couples using the 3-category measure of attachment style. In 57.5% of these couples both partners were classified as secure. Next, 22% of the sample was composed of secure-avoidant pairs followed by 13.8% who were classified as secure-anxious. Finally, 6.7% of these couples were classified as anxious-avoidant. Kirkpatrick and Davis (1994) found no couples where partners either were both anxious or both avoidant.

Existing Evidence for the Goal Frustration Hypothesis

Evidence can be found in Kirkpatrick and Davis's (1994) study which suggests that differences in attachment style may indeed fuel or maintain feelings of passion in the way

outlined. Overall, secure and anxious women did not differ in their self-reported levels of passion (M = 7.51 vs. M = .52). However, women paired with avoidant men reported significantly higher passion (M = 7.77) than women paired with either secure (M = 7.42) or anxious (M = 7.09) men. The same pattern, although statistically insignificant, also appeared for men paired with avoidant women.

Reciprocated Passionate Love is the Exception to the Frustration Hypothesis

Previous research has shown that passionate love is strongly linked to the pursuit of intimacy, even for individuals with an avoidant attachment style (Vernon & Pietromonaco, 2004). Thus, it is logical to expect that when passionate love is reciprocated individuals in these relationships will be less likely to report being frustrated in their pursuit of intimacy.

CHAPTER 2

HYPOTHESES

The hypotheses advanced here, which focus on individual differences in goal frustration in romantic relationships, follow from two ideas: (1) Hatfield et al. (1988) have proposed that passionate love maintains itself under conditions where goal attainment regarding the desired union with another remains uncertain or is thwarted, but remains to be seen as obtainable, and (2) individuals with different attachment styles appear to pursue different relationship goals.

Hypothesis 1 (H1): Passionate Love and Intimacy Goal Frustration

Based on Hatfield et al.'s proposal that passionate love is maintained when the desired union with another person is uncertain or thwarted, passionate love will be associated with the frustration of intimacy goals.

Hypothesis 2 (H2): Reciprocated Passionate Love

Because passionate love is strongly associated with the pursuit of intimacy, when both members of a couple are high in passion they will experience less frustration when pursing intimacy.

The Interaction of Attachment Styles (H3, H4, & H5)

Hypotheses H3, H4, and H5 focus on the interaction of partner attachment styles (i.e., anxiety by anxiety, avoidance by avoidance, and anxiety by avoidance).

Hypothesis 3 (H3): Goal Frustration in Anxious-Anxious Pairs

Although previous findings (Kirkpatrick and Davis, 1994) suggest that couples in stable relationships rarely include two anxious partners, their reliance on a categorical measure of attachment may have limited their ability to detect such pairs. The continuous measure of attachment used in the present study may better allow for the detection of these couples. Couples

in which both partners are high in anxiety are expected to have a particularly difficult time achieving intimacy because they are more likely to utilize manipulative, clingy, and controlling behaviors to win the affection of their partners. Thus, it is expected that when both partners are high in attachment anxiety they will experience higher levels of intimacy goal frustration.

Hypothesis 4 (H4): Goal Frustration in Avoidant-Avoidant Pairs

The avoidant-avoidant pairing is another combination of attachment styles that was not observed in Kirkpatrick and Davis's (1994) study. One reason why this combination of attachment styles may be rare is that avoidant individuals are most likely to pursue distance related interpersonal goals and are generally less motivated to pursue relationships. Considering these tendencies, it is expected that when both partners are high in avoidance, they will be less likely to report experiencing intimacy goal frustration.

Hypothesis 5 (H5): Goal Frustration in Anxious-Avoidant Pairs

The anxious-avoidant pairing of attachment styles has been previously observed. Kirkpatrick and Davis (1994) proposed that relationships composed of partners with this combination of attachment styles survive because of the way that the individuals in these relationships are likely to fulfill each others expectations about the behavior of others in relationships. Anxious individuals in these relationships should not have an easy time obtaining the level of intimacy they desire from their avoidant partner who should be less interested in intimacy. Likewise, avoidant individuals may not be able to maintain the lower levels of intimacy that they are likely to desire. Based on these differences, it is expected that individuals in anxious-avoidant relationships will experience higher levels of intimacy goal frustration.

Hypothesis 6 (H6): The Main Effects of Attachment Style

Attachment style will be associated with the degree to which individuals experience frustration in the pursuit of intimacy goals. Individuals high in attachment anxiety appear to have a chronic desire for intimacy that is likely to be hard to satisfy, whereas individuals high in attachment avoidance appear to be disinterested in pursuing intimacy and are more likely to want to maintain distance from relationship partners. Thus, it is expected that attachment anxiety will be associated with greater intimacy goal frustration, whereas avoidance will be associated with less intimacy goal frustration.

CHAPTER 3

METHOD

Overview

Both partners of 146 dating couples participated separately in an Internet survey. In addition to completing an attachment measure, participants answered questions focusing on the degree to which degree to which they pursue a variety of relationship goals (e.g., goals regarding intimacy, maintaining distance, self-regulation), the degree to which they are able to achieve each goal, and the level of frustration typically feel when trying to achieve each goal. In addition, we asked about factors that might interfere with goal achievement (i.e., interference by the partner, self, and external circumstances). The latter questions addressed factors that might contribute to goal frustration.

Participants

Participants were University of Massachusetts undergraduate psychology majors currently involved in a romantic relationship and their relationship partners, who were solicited for participation via e-mail. Of 155 the couples that participated in the survey 9 couples were eliminated because at least one member indicated that he or she was not alone at their computer when answering the survey. The remaining 146 couples were composed of 143 men and 149 women. In 7 couples, at least one member self-identified as homosexual or bisexual. Members of the remaining 139 couples identified themselves as heterosexual. Ages ranged from 16 to 30, with an average of 20.13 years.

Procedure

Participants completed an Internet survey designed to assess attachment style, passion, goals, sources of interference, and frustration. In order to contact the partner of the initial participant in each couple, we asked each student to provide the e-mail address of his or her

partner on the consent form of the survey. As soon as we received the student's responses to survey, we sent an email message to their partner containing a description of the study and instruction on how to participate.

Measures

Attachment Style

Attachment style was assessed with the 36-item Experiences in Close Relationships Questionnaire (ECR) (Brennan, Clark, & Shaver, 1998). The anxiety subscale of the ECR contains 18 items to assess attachment anxiety. Sample items from this scale include "I need a lot of reassurance that I am loved by my partner," "I worry a lot about my relationships," and "I do not often worry about being abandoned". The avoidance subscale contains 18 items to assess attachment avoidance. Sample avoidance items include "I prefer not to show a partner how I feel deep down," "I get uncomfortable when a romantic partner wants to be very close," and "Just when my partner starts to get close to me I find myself pulling away." Alpha reliabilities for the two subscales of avoidance ($\alpha = .91$) and anxiety ($\alpha = .90$) were high. The correlation between these subscales, which are meant to be orthogonal, was significant but weak ($r = .19$).

Passionate Love

Passionate love was assessed with the 15-item short version of the Passionate Love Scale (PLS) (Hatfield & Sprecher, 1986). Sample items include "I want my partner -- physically, emotionally, and mentally," "I have an endless appetite for affection from my partner," and "For me, my partner is the perfect romantic partner." The reliability of this scale was high ($\alpha = .90$).

Intimacy Goal Pursuit and Frustration

Participants were asked to indicate, on 7-point scales, how much they pursue a number of interpersonal goals during interactions with their romantic partner. Following the rating of each

goal, participants were asked to indicate (a) the extent to which the goal is generally achieved, (b) the extent to which their partner's behavior, (c) their own behavior, and (d) external circumstances interfere with their efforts to achieve the goal, and (e) how often they feel frustrated when pursuing the goal. Because questions regarding sources of interference and frustration were not relevant to those who were not in pursuit of the target goal, if participants provided a response of 1 or 2 on any of the 7-point goal pursuit scales, a message appeared telling the participant to go no to the next goal while the remaining questions for that goal were disabled and blurred out.

Intimacy goal scores were created by averaging ratings for the following nine goals: (1) to communicate openly with your partner; (2) to give affection to your partner; (3) to feel close to your partner; (4) to enjoy being emotionally close to your partner; (5) to disclose your personal thoughts and feelings; (6) to gain your partner's trust; (7) to trust your partner; (8) to receive affection from your partner; and (9) to increase the intimacy in your relationship. The alpha reliabilities for intimacy goals (α = .77, n = 273), goal achievement (α = .88, n = 196), frustration (α = .89, n = 196), partner interference (α = .92, n = 196), self interference (α = .90, n = 198), and circumstance interference (α = .89, n = 128), were acceptable.

The sex goal and related goal aspects were measured using a single set of items.

Distance scores were created by averaging ratings for: (1) to maintain your emotional distance; (2) to escape from the presence of your partner; (3) to hide your thoughts and feelings; and (4) to avoid talking about problems. The alpha reliabilities for distance related goals (α = .75, n = 284), frustration (α = .85, n = 50), partner interference (α = .76, n = 52), self interference (α = .68, n = 52), and circumstance interference (α = .82, n = 52) were acceptably high, although the reliability of the distance goal achievement scale was somewhat low (α = .47, n = 44).

Self-regulation scores were created by averaging ratings for: (1) to feel better about yourself; and (2) to see that your partner liked or approved of you. Alpha reliabilities for self-regulation goal frustration (α = .73 n = 200), partner interference (α = .81, n = 203), self

interference (α = .77, n = 205), and circumstance interference (α = .77, n = 201) were acceptable, although the reliability of self-regulation goals (α = .53, n = 284), and goal achievement (α = .59, n = 209) scales were low.

Support scores were created by averaging ratings for: 1) to receive support from your partner; and 2) to give support to your partner. Alpha reliabilities for support related goals (α = .74, n = 282), goal achievement (α = .68, n = 271), frustration (α = .68, n = 272), partner interference (α = .78, n = 275), self interference (α = .78, n = 274), and circumstance interference (α = .78, n = 269) where all acceptable.

Analysis Strategy

Hypotheses were tested using the actor-partner independence model (APIM) (Campbell & Kashy, 2002) in conjunction with hierarchical linear modeling (HLM). The APIM is an analytic strategy designed to address problems of nonindependence that often occur in studies of dyads. Nonindependence arises when the behavior or characteristics of one member of a couple influences the outcomes of the other member. The APIM handles nonindependence by modeling the effects that each couple member has on the outcome variable. At level 1 (the lower level), the effects of the participant's characteristics and the influence of their partner are estimated simultaneously using a regression equation written to explain the outcome for each participant (referred to as the actor) (i.e., DV = intimacy goal, frustration level, etc.) using the participant's gender, level of passion, and attachment style, and their partner's level of passion and attachment style. At level 2, interactions between actor and partner characteristics (i.e., level of passion and attachment style) are estimated in a second regression equation.

In the full version of the APIM, the level 2 equation is configured to explain the level 1 intercept and the slope of gender in order to provided a test of the three way interactions between actor and partner characteristics and gender (for a full review of the APIM see Campbell & Kashy, 2002). However, because the inclusion of interaction terms can sometimes change the

meaning of other predictors in the model, 2 models were tested on each outcome variable. The first model tested only the main effects of actor and partner characteristics. The second model was a full version of the APIM. The following are examples of the level 1 main effects only model equation, and the equations used in full APIM.

Model 1 Level 1 Equation:

FRUSTRATION = β_0 + β_1(ACTOR GENDER) + β_2(ACTOR PASSION) + β_3(PARTNER PASSION) + β_4(ACTOR AVOID) + β_5(PARTNER AVOID) + β_6(ACTOR ANXIETY) + β_7(PARTNER ANXIETY) + r

Model 1 Level 2 Equation:

$\beta_0 = \gamma_{00} + u_0$

Model 2 Level 1 Equation:

FRUSTRATION = β_0 + β_1(ACTOR GENDER) + β_2(ACTOR PASSION) + β_3(PARTNER PASSION) + β_4(ACTOR AVOID) + β_5(PARTNER AVOID) + β_6(ACTOR ANXIETY) + β_7(PARTNER ANXIETY) + β_8(ACTOR GENDER by PASSION) + β_9(PARTNER GENDER by PASSION) + β_{10}(ACTOR GENDER by AVOID) + β_{11}(PARTNER GENDER by AVOID) + β_{12}(ACTOR GENDER by ANXIETY) + β_{13}(PARTNER GENDER by ANXIETY) + β_{14}(ACTOR AVOID by PASSION) + β_{15}(PARTNER AVOID by PASSION) + β_{16}(ACTOR ANXIETY by PASSION) + β_{17}(PARTNER ANXIETY by PASSION) + r

Model 2 Level 2 Equations:

β_0 = γ_1(ACTOR AVOIDANCE by PARTNER ANXIETY) + γ_2(ACTOR ANXIETY by PARTNER AVOIDANCE) + γ_3(ACTOR AVOIDANCE by PARTNER AVOIDANCE) + γ_4(ACTOR ANXIETY by PARTNER ANXIETY) + γ_5(ACTOR PASSION by PARTNER PASSION) + γ_6(ACTOR AVOIDANCE by PARTNER PASSION) + γ_7(ACTOR ANXIETY by PARTNER PASSION) + γ_8(ACTOR PASSION by PARTNER AVOIDANCE) + u_0

β_1 = γ_1(ACTOR AVOIDANCE by PARNTER ANXIETY) + γ_2(ACTOR ANXIETY by PARTNER AVOIDANCE) + γ_3(ACTOR AVOIDANCE by PARTNER AVOIDANCE) + γ_4(ACTOR ANXIETY by PARTNER ANXIETY) + γ_5(ACTOR PASSION by PARTNER PASSION) + γ_6(ACTOR AVOIDANCE by PARTNER PASSION) + γ_7(ACTOR ANXIETY by

PARTNER PASSION) + γ_8(ACTOR PASSION by PARTNER AVOIDANCE) + u_0

The Centering of Predictors

Predictors in the level 1 and level 2 analyses were centered by subtracting the grand mean from each score so that the value of all intercepts represent the average value of the dependant variable when all of predictors in the equation are at zero. Level 2 attachment style and passionate love interactions were plotted following the method outlined by Aiken and West (1991).

CHAPTER 4

RESULTS

Sample Characteristics

Men and women did not differ significantly in their scores on the Passionate Love Scale (Men = 5.49, Women = 5.55), or the anxiety subscale of the attachment measure (i.e., Experiences in Close Relationship scale; ECR) (Men = 3.54, Women = 3.61). However, men scored significantly higher in avoidance than women (Men = 2.50, Women = 2.28, $F = 4.005$, $p < .05$). Age was unrelated to passionate love ($r = .02$), anxiety ($r = -.11$), and avoidance ($r = .02$). Relationship lengths ranged from 1 to 65 months with an average of 17.71. Length of relationship was unrelated to avoidance ($r = -.11$) and passion ($r = -.03$) but was negatively associated with anxiety ($r = -.16$, $p < .01$).

Tests of hypotheses

Because the general theme of each hypothesis can be extended to all goals studied and is relevant to all aspects of goal pursuit, all significant results are summarized.

Hypothesis 1 (H1): Passionate Love and Intimacy Goal Frustration

Although we predicted that passionate love would be associated with higher levels of intimacy frustration, this hypothesis did not receive support. Passionate love was unrelated to intimacy goal frustration ($r = .09$), and was unrelated to frustration associated with other relationship goals (see Table 1). Even when the attachment style of both partners was held constant (see Tables 2-16) no association appeared between passionate love and goal frustration.

Hypothesis 2 (H2): Reciprocated Passionate Love

It was predicted that when both partners were high in passion, participants would be less likely to experience intimacy frustration. This hypothesis (H2) was clearly supported. When

both partners were high in passion, they were less likely to experience frustration (β = -.16, p < .01) while pursuing intimacy (see Table 4 and Figure 1). Individuals in highly passionate relationships were also less likely to report interference from their partner (β = -.28, p < .05) (see Table 4 and Figure 2), their own behavior (β =-.31, p < .05) (see Table 4 and Figure 3), and external circumstances (β =-.28, p < .05) (see Table 4 and Figure 4).

Consistent with the findings for intimacy, when passion was high between both partners, individuals reported experiencing less sexual frustration (β = -.32, p < .01) (see Table 13 and Figure 5), and were less likely to report interference from external circumstances when pursuing sex (β = -.52, p < .05) (see Table 13 and Figure 6).

Patterns for several other goals were explored. When passionate love was reciprocated partners were less likely to report pursuing distance goals (β = -.24, p < .01) (see Table 7 and Figure 8).

Likewise, when passion was high among both partners they were less likely to experience self-regulatory frustration (β = -.24, p < .01) (see Table 10 and Figure 10), and reported less interference form their partners (β = -.34, p < .05) (see Figure 11), their own behavior (β = -.43, p < .05) (see Figure 12), and external circumstances (β = -.39, p < .05) (see Figure 13) when pursuing self-regulatory goals.

For support goals results were somewhat contradictory. When passion was high among both partners, individuals were less likely achieve support goals (β = -.26, p < .01) (see Table 16 and Figure 9). However, the main effect of passion, revealed in the level 1 analyses, showed that (see Table 14) passion was positively associated with the achievement of support goals (β = .35, p < .000) and was negatively associated with interference from partners (β = -.30, p < .001). Having a partner that was high in passion was also associated with an increased ability to achieve support (β = .23, p < .01) (see Table 14).

Overall, these results provide clear support for the hypothesis (H2) that individuals are less likely to experience frustration while pursuing intimacy goals when both partners are high in

passion. Not only did individuals in highly passionate relationships report less intimacy and sexual frustration they were also less likely to report interference from their partner, external circumstances, and the self.

Hypothesis 3 (H3) Intimacy Goal Frustration in Anxious-Anxious Pairs

The third hypothesis (H3) stated that intimacy frustration would be higher in pairs where both partners are high in anxiety. As the interaction of male and female anxiety indicated, there was a small but insignificant tendency ($\beta = .09$, $p = .075$) for members of these pairs to be more frustrated when pursuing intimacy (see Table 4).

There were several other goals that were influenced by the interaction between actor and partner anxiety. Individuals in these pairs were more likely to report that their own behavior ($\beta = .30$, $p < .01$) interfered with their ability to achieve support (see Table 16 and Figure 13).

Similarly, individuals in anxious pairs were less likely experience interference from each other ($\beta = -.22$, $p < .05$) (see Table 7 and Figure 14), and external circumstances ($\beta = -.46$, $p < .001$) (see Table 7 and Figure 15) when pursuing distance.

Although these results did not provide support for the third hypothesis (H3), they did reveal several goals that are affected by the pairing of individuals high in anxiety. When both partners were anxious they had more difficulty in achieving support related goals and were less likely to experience resistance from each other and external circumstances when trying to maintain distance from each other.

Hypothesis 4 (H4) Intimacy Goal Frustration in Avoidant-Avoidant Pairs

Hypothesis four (H4) stated that individuals in avoidant-avoidant pairs will be less likely to experience intimacy goal frustration. This hypothesis did not receive support. Intimacy frustration was completely unaffected by the interaction of avoidance between actors and partners ($\beta = -.03$) (see Table 4).

The only aspect of goal pursuit that was associated with the avoidant pair dealt with sex. Participants in avoidant-avoidant pairs were more likely to seek sex from each other ($\beta = .39$, $p < .05$) (see Table 13 and Figure 7).

Hypothesis 5 (H5) Goal Frustration in Anxious-Avoidant Pairs

The fifth hypothesis (H5) stated that members of anxious-avoidant pairs would be more likely to experience intimacy frustration. Although, this pairing of attachment styles was not linked to intimacy frustration (see Table 4), members of anxious-avoidant couples were less likely to achieve intimacy ($\beta = -.15$, $p < .01$) (see Table 4 and Figure 16).

Although this hypothesis (H5) was not supported, this pairing of attachment styles did have an effect on two other goals. Members of anxious-avoidant couples were less likely to pursue support goals ($\beta = -.16$, $p < .01$) (see Table 16 and figure 17).

Similarly, individuals in anxious-avoidant pairs desired more distance from each other ($\beta = .14$, $p < .05$) (see Table 7 and Figure 18) and were more likely to be frustrated ($\beta = .19$, $p < .001$) (see Table 7 and Figure 19) when pursuing distance.

All significant interactions that appeared with respect to the anxious-avoidant pairing were unique to avoidant men and anxious women, and did not appear for anxious men paired with avoidant women.

Hypothesis 6 (H6) - The Main Effects of Attachment Style

Attachment Avoidance and Intimacy Goals

It was hypothesized that avoidant individuals would be less likely to report intimacy frustration since avoidant types are typically uninterested in pursuing intimacy. Consistent with previous findings (see Table 2), attachment avoidance was negatively associated with the pursuit of intimacy goals ($\beta = -.26$, $p < .001$). Unexpectedly however, avoidance was positively associated with intimacy frustration ($\beta = .16$, $p < .001$). This finding most likely resulted from

the fact that participants were not allowed to indicate how frustrated they felt unless they reported themselves as pursuing the target goal at a level of at least 3 out of 7. For example, if a participant indicated a low desire to feel close to their partner by providing a response of 1 or 2 for this goal, the remaining items for this goal which included a rating of frustration, were disabled and blurred out. The positive association between avoidance and intimacy frustration therefore means that some avoidant participants were pursuing intimacy and were more frustrated in doing so. Avoidant participants also experienced greater interference from their partner (β = .27, $p < .01$), their own behavior (β = .50, $p < .001$), and external circumstances (β = .35, $p <$ .001) when pursuing intimacy.

Last of all, attachment avoidance was negatively associated with the pursuit of sex (β = -.27, $p < .01$) (see Table 11) and was positively associated with reports that one's own behavior interfered with the attainment of sex (β = .37, p = .056). Avoidance was unrelated to sexual frustration (β = -.05).

Attachment Avoidance and Distance Goals

Consistent with attachment theory, avoidance was strongly linked to the pursuit of distance goals (β = .70, $p < .001$). Avoidant individuals (see Table 5) also experienced more distance goal frustration (β = .22, $p < .01$), and were more likely to experience interference from their partner (β = .48, $p < .001$), their own behavior (β = .44, $p < .001$), and external circumstances (β = .30, p = .052) when pursuing distance.

Attachment Avoidance and Self-Regulation Goals

Consistent with the tendency for avoidant individuals to minimize their dependence on partners for support, avoidance was negatively associated with the pursuit (β = -.32, $p < .001$) and achievement (β = -.27, $p < .001$) (see Table 8) of self-regulatory goals and was positively associated with self-regulatory frustration (β = .18, $p < .01$) for avoidant individuals who did

pursue these goals. Avoidant individuals were also more likely to report that their partner (β = .37, $p < .001$), their own behavior (β = .40, $p < .001$), and external circumstances (β = .51, $p < .001$) interfered with their ability to achieve self-regulatory goals.

Attachment Avoidance and Support Goals

Avoidant participants were less likely to pursue (β = -.33, $p < .001$) and achieve (β = -.30, $p < .001$) goals aimed at receiving and providing support (see Table 14). However, avoidant participants that did pursue these goals were more frustrated (β = .20, $p < .001$) and were more likely to report that their partner's behavior (β = .32, $p < .01$), their own behavior (β = .44, $p < .001$), and external circumstances (β = .57, $p < .001$) were sources of interference.

Attachment Anxiety and Intimacy Goals

Anxious individuals are known to have a high need for closeness and intimacy, which may be hard to satisfy. Thus, it was expected that attachment anxiety would be positively associated with experiencing intimacy goal frustration. As expected (see Table 2), attachment anxiety was positively associated with intimacy goal frustration (β = .24, $p < .001$) and was negatively associated with the achievement of intimacy goals (β = -.22, $p < .001$). Anxious individuals were also more likely to experience interference from their partner (β = .64, $p < .001$), their own behavior (β = .47, $p < .001$), and external circumstances (β = .56, $p < .001$) while pursuing intimacy.

A similar pattern appeared with respect to sex (see Table 11). Attachment anxiety was positively associated with sexual frustration (β = .25, $p < .001$) and reports of interference from partners (β = .40, $p < .05$), one's own behavior (β = .25, $p < .05$), and external circumstances (β = .44, $p < .001$) when pursuing sex.

Attachment Anxiety and Distance Goals

Contrary to the findings of previous studies showing that anxious individuals are more likely to pursue intimacy, attachment anxiety was positively associated with the pursuit of distance goals ($\beta = .19$, $p < .001$). Anxious individuals were also more likely to experience distance goal frustration ($\beta = .21$, $p < .01$) (see Table 5) and were more likely to reports that their partner's behavior ($\beta = .59$, $p < .001$), their own behavior ($\beta = .63$, $p < .001$), and external circumstances ($\beta = .67$, $p < .001$) interfered with their ability to achieve distance. Those with partners high in anxiety were also more likely to pursue distance ($\beta = .11$, $p = .054$) and were more likely to report that their (anxious) partner interfered with their ability to achieve distance ($\beta = .22$, $p < .05$).

Attachment Anxiety and Self-Regulation Goals

Consistent with attachment theory, attachment anxiety was positively associated with the pursuit ($\beta = .10$, $p < .05$) and was negatively associated achievement of self-regulatory goals ($\beta = -.17$, $p < .001$) (see Table 8). Likewise, anxious individuals were more likely to experience self-regulatory frustration ($\beta = .21$, $p < .001$) and to experience interference from their partner ($\beta = .54$, $p < .001$), their own behavior ($\beta = .54$, $p < .001$), and external circumstances ($\beta = .49$, $p < .001$) when pursuing self-regulatory goals. Participants with partners high in anxiety were also slightly more frustrated when pursuing self-regulatory goals ($\beta = .08$, $p < .05$).

Attachment Anxiety and Support Goals

Individuals high in anxiety were less likely to achieve support goals ($\beta = -.11$, $p < .05$) and were more frustrated ($\beta = .18$, $p < .001$) when pursuing support. Individuals high in anxiety were also more likely to experience interference from their partner ($\beta = .53$, $p < .05$), their own behavior ($\beta = .48$, $p < .001$), and external circumstances ($\beta = .43$, $p < .001$) when pursuing

support goals. Having a partner high in anxiety was also associated with higher levels of support related frustration ($\beta = .09$, $p < .05$).

CHAPTER 5

DISCUSSION

These results provide no evidence that passionate love is maintained by the inability to achieve union with relationship partners. Passionate love was not only related to the frustration of intimacy goals, the links between passion and sources of interference also did not indicate whatsoever that passion is higher when attempts to achieve intimacy are blocked or thwarted by partners, external circumstances, or the self. On the contrary, passionate love was positively associated with the achievement of intimacy and was negatively associated with experiencing interference from partners. Although these results fit Baumeister et al.'s (1999) theory that passion results from increase or surge in intimacy, this theory does not address the role that intimacy goals play in the experience of passion. As previously described, it is logical to suspect that passion is made up, at least in part, of the positive affect elicited when individuals achieve intimacy goals. The fact that when participants were more passionate they were more likely to pursue and to report having achieved their intimacy goals supports this possibility as do other more recent findings showing that scores on the passionate love scale correlate strongly ($r = .60$) with activation in the caudate nucleus (Aron, Fisher, Mashek, Strong, Li, & Brown, 2004; Bartels & Zeki, 2000), an area of the brain that has been linked to goal-oriented behavior and obtaining rewards (Berridge & Robinson, 2003). It is worth noting that, in this study, the correlation of passionate love and intimacy goals ($r = .61$) was about the same magnitude as the correlation between passionate love and brain activation. These links suggests that passionate love driven caudate activation may indeed be associated with the conscious pursuit of intimacy. Furthermore, a goal oriented theory of passion fits readily with theories and evidence suggesting that goals are integral components of cogitatively based relationship representations (Miller & Read, 1991; Park, 1986; Trzebinski, 1989) that include aspects of the self and others (Mikulincer, 1998; Collins and Read, 1994) which can influence perception (e.g., Berk & Andersen, 2000; Hinkley

& Andersen, 1996), motivation, and planning (Baldwin & Holmes, 1987; Moretti & Higgins, 1999) in relationships.

The fact that passionate love was unrelated to the frustration of intimacy goals seems somewhat surprising considering that passion was strongly correlated with the pursuit of intimacy and remained the strongest predictor of the desire for intimacy even when the attachment style of both partners was held constant (in the APIM analysis). It is easy to imagine that when individuals are highly passionate and strongly determined to achieve intimacy, these individuals might easily feel frustrated when their partners are unavailable or unwilling to reciprocate. However, if one's partner is also highly passionate, these results suggest that he or she is also interested in attaining intimacy and should be willing to accommodate. As results indicate, intimacy related frustration was significantly lower among individuals in relationships where high passion was reciprocated. Furthermore, individuals in these relationships were also less likely to report experiencing interference from all sources studied. These findings highlight the importance of assessing the perspective of both partners.

The idea that intimacy goal frustration would be influenced by differences in attachment style among partners, or might somehow depend on dynamics that only occur in relationships where both partners are insecure made sense considering that attachment styles have been linked to different interpersonal goals and strategies for goal attainment. Although there was no combination of attachment styles that were associated with the frustration of intimacy goals, a number of results appeared with respect to the interaction of attachment styles between actors and partners that are of interest. Consistent with previous findings indicating that anxious individuals are somewhat poor caregivers, when both partners were high in anxiety these participants were even more likely to report that their own behavior (i.e., their thoughts, feelings, or actions) interfered with their ability to achieve support goals (i.e., giving and receiving).

Likewise, individuals in anxious-anxious relationships were less likely to experience interference from their partners and external circumstances when pursuing distance goals.

Together, these results support Kirkpatrick and Davis's (1994) assertion that relationships composed of insecure individuals of the same attachment style are unlikely to persist. Although these relationships had clearly not yet dissolved, the increased difficulty in seeking and providing support combined with the relative ease that these participants reported with respect to pursuing distance goals suggests that these relationships are unlikely to persist.

The interaction of actor and partner avoidance was the largest and perhaps most notable of the actor-partner attachment style interactions that appeared. When both members were high in avoidance these participants were more likely to pursue sex with each other. This suggests that avoidant individuals are more likely to get together, or to remain in relationships for purely physical reasons, compared to more secure or anxious individuals. This finding also fits neatly with those of two other studies (Vernon & Pietromonaco, 2004; Davis et al., 2004) showing that avoidant individuals are more likely to describe their current relationship as purely sexual in nature.

The third combination of attachment styles examined was the avoidant-anxious pair. Although Kirkpatrick and Davis (1994) did not find any aspect of the relationship functioning (using the RRF) that was influenced by this combination of attachment styles, several aspects of goal pursuit were influenced by this pairing. When avoidant men were paired with anxious women, members of these couples were less likely succeed in obtaining intimacy and were less motivated to provide and seek support form each other. As noted earlier, Kirkpatrick and Davis (1994) proposed that these pairings are likely persist because of the way that individuals in these relationships should fulfill each others relationship related expectations. On this note, it was interesting to find that the inability to achieve intimacy and the lack of desire to seek and provide support to partners, which were tendencies characteristic of both these attachment styles, grew even larger when individuals with these attachment styles were in the same relationship together.

With respect to attachment theory, these findings make clear that insecure individuals are more likely to be frustrated and encounter interference from a variety of sources, including their

own behavior, when pursuing intimacy and other interpersonal goals. More importantly however, these results strongly suggest that individuals of all attachment styles are often aware of the way that their own behavior can interfere with their ability to achieve relationship goals.

Another noteworthy finding that contradicted those of previous studies was that attachment anxiety was unrelated to the pursuit of intimacy goals and was positively associated with the pursuit of distance. The fact that we have found this pattern before (see Vernon & Pietromonaco, 2004) suggests that it did not occur by chance. One possible explanation for the lack of association between anxiety and the desire for intimacy is that the low end of the anxiety scale measures attachment security, which has also been linked to the pursuit of intimacy. The scatter plot of anxiety and intimacy goals supports this explanation by showing that the desire for intimacy is high and evenly dispersed all along the distribution anxiety. Although the link between anxiety and distance goals contradicts the findings of previous research (Rom & Mikulincer,2003; Mikulincer & Nachshon, 1991) this link does make sense in the context of Ainsworth's original conception of anxious-ambivalence which emphasized that individuals with this attachment style should both seek and resist intimacy.

By far the most important finding of this study deals with the connections between attachment anxiety, passionate love, and intimacy goals. When Hazan and Shaver (1987) first applied attachment theory to adult love relationships they proposed and found support for the hypothesis that anxious-ambivalent participants would experience love as a "preoccupying, almost painfully exciting struggle to merge with another person" which is a type of love experience similar to what Tennov (1979) labeled limerence (a.k.a. passionate love). Like most studies, this study also found a link between attachment anxiety and passionate love. However, what has not been shown in previous research is that passion and attachment anxiety are linked in opposite ways to the attainment and blockage of intimacy related goals. More specifically, attachment anxiety was linked to an inability to achieve intimacy and reports of interference from partners, whereas passionate love was associated with an increased ability to achieve intimacy

accompanied by a lack of interference. These links make clear the fact that although there is an increased tendency for anxious individuals to experience passion; attachment anxiety and passion are indeed different types of love that are associated with distinctly different types of outcomes within relationships.

CHAPTER 6

LIMITATIONS

There were several limitations to this study that should be addressed in future research. First, a review of the comments made by participants showed that some felt they had achieved certain goals so completely that they no longer needed to pursue them. This led to some confusion as to how to answer questions regarding the pursuit of some goals. For example, one participant reported that "*I trust my partner completely and I'm already in a mutually exclusive relationship, so I wasn't quite sure how to answer those questions correctly.*" This problem can be addressed in future research by offering response options that permit participants to indicate that the target goal had been achieved to the extent that they no longer pursue it.

Second, participants were blocked from answering the additional questions that were asked about each goal (i.e., level of achievement, sources of interference, and level of frustration) if they indicated pursuing a goal at a level lower than 3. This was done because it was thought that participants would have difficulty providing details about goals they didn't possess. In retrospect, this may not have been the case for all participants. For example, it is possible that some participants may have given up on the pursuit of certain goals simply because they were unable to achieve them. In cases such as this, participants should not have difficulty answering these additional questions. Unfortunately, potentially valuable information may have been lost by having blocked some participants from answering all questions about each goal. In future research, participants should be allowed to answer all questions about each goal regardless of how motivated they are to pursue the goal. Instructing participants to skip questions that are too difficult to answer or do not apply to their situation could be another way of handling this problem.

Third, when participants were asked to indicate the extent to which their own behavior interfered with their ability to achieve each goal, participants were provided with a single response scale that encompassed three types of behavior (i.e. things they did, said, and the way

they felt). Grouping these aspects of behavior under a single rating scale obscured the exact source of interference from the self. Had participants been given a rating scale for each individual aspect of their behavior, the analyses of goal interference from the self may have produced much more revealing findings. In future research, participants should be given the opportunity to rate each individual aspect of their behavior that has the potential of interfering with ones ability to achieve various relationship goals.

APPENDIX

TABLES AND GRAPHS

Table 1: Correlations of Passionate Love, Attachment Style, and Goal Frustration

	1	2	3	4	5	6	7	8
1) Passionate love		-.41***	.34***	-.02	.09	-.08	-.04	-.09
2) Avoidance			.19**	.38***	.02	.34***	.31***	.36***
3) Anxiety				.44***	.27***	.31***	.36***	.32***
5) Intimacy Goal Frustration					.43***	.72***	.75***	.76***
4) Sex Goal Frustration						.38***	.31***	.26***
6) Distance Goal Frustration							.61***	.69***
7) Self-Regulation Goal Frustration								.59***
8) Support Goal Frustration								

* p < .05, ** p < .01, *** p < .001; Ns range from 272-291 except for intimacy goal frustration (N = 167).

Table 2: Level 1 Main Effects - Intimacy Goals

	GL	AG	GF	PI	MI	CI
Intercept	6.07	5.87	1.79	3.08	3.05	3.33
Gender	.03	.08*	-.01	-.12	-.15*	-.04
Actor Passion	.40***	.29***	-.02	-.24***	-.06	-.01
Partner Passion	.09	.08	-.08	.00	-.09	-.01
Actor Avoidance	-.27***	-.33***	.16**	.27**	.50***	.35**
Partner Avoidance	.02	-.05	.04	.16	.06	.09
Actor Anxiety	.07	-.22***	.24***	.64***	.47***	.56***
Partner Anxiety	-.03	-.01	.10**	.06	.17*	.09

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 3: Level 1 Main Effects and Interactions - Intimacy Goals

	GL	AG	GF	PI	MI	CI
Intercept	6.08	5.89	1.82	3.11	3.06	3.39
Gender	.26	.12	.06	.23	.10	.77
Actor Passion	.35***	.32***	-.06	-.26*	-.12	-.07
Partner Passion	.06	.13	-.10	-.10	-.22	-.06
Actor Avoidance	-.26***	-.32***	.18***	.32**	.54***	.40***
Partner Avoidance	.02	-.08	.11*	.25*	.10	.14
Actor Anxiety	.05	-.25***	.26***	.62***	.50***	.55***
Partner Anxiety	-.02	-.02	.06	.04	.12	.02
Actor Gender by Passion	-.07	.06	-.12*	-.08	-.12	-.20
Partner Gender by Passion	-.04	.09*	-.13*	-.03	-.10	-.05
Actor Gender by Avoidance	.03	-.01	.05	-.04	.05	-.01
Partner Gender by Avoidance	.05	-.00	.02	.04	.12*	.06
Actor Gender by Anxiety	.02	-.03	.04	.04	-.01	.02
Partner Gender by Anxiety	-.00	-.08*	.09**	.01	.01	-.01
Actor Avoidance by Passion	.09	-.01	.06	.09	.13	.09
Partner Avoidance by Passion	.05	.01	-.04	.16	.16*	-.02
Actor Anxiety by Passion	.04	.06	.03	.09	.01	.05
Partner Anxiety by Passion	-.03	.00	.06	.11	.17*	.12

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 4: Level 2 Interactions - Intimacy Goals

	GL	AG	GF	PI	MI	CI
Male avoidance by Female Anxiety	.01	-.15**	.06	.15	.10	.01
Male anxiety by Female avoidance	.05	-.03	-.08	-.02	-.04	-.05
Male avoidance by Female avoidance	.01	.11	-.03	-.12	-.04	.01
Male anxiety by Female anxiety	-.05	-.01	.09	.07	.11	.04
Male passion by Female passion	-.08	.00	-.16**	-.28*	-.31*	-.28*
Male avoidance by Female Passion	.03	.09	-.08	-.18	-.26	.08
Male anxiety by Female passion	.06	.06	-.04	-.05	-.03	.14
Male passion by Female avoidance	-.03	.02	.06	.01	-.01	.12

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 5: Level 1 Main Effects - Distance Goals

	GL	AG	GF	PI	MI	CI
Intercept	2.44	5.21	1.82	3.72	3.64	3.40
Gender	-.16**	-.10	-.02	-.18	.02	-.09
Actor Passion	-.33**	-.11	-.07	-.18	.12	-.05
Partner Passion	.02	.06	-.02	.01	.04	-.05
Actor Avoidance	.70***	-.15	.22**	.48***	.44***	.30*
Partner Avoidance	-.01	.02	-.03	-.16	.03	.05
Actor Anxiety	.19***	.17	.21**	.59***	.63***	.67***
Partner Anxiety	.11	-.18	.16	.22*	.12	.07

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 6: Level 1 Main Effects and Interactions - Distance Goals

	GL	AG	GF	PI	MI	CI
Intercept	2.41	4.98	.51	2.85	.21	.50
Gender	.51	.51	-.45	-.87	.23	.43
Actor Passion	-.34***	-.08	-.08	-.33	.07	-.01
Partner Passion	-.11	.19	-.01	-.22	-.18	-.14
Actor Avoidance	.65***	-.47**	.19*	.45**	.48**	.21
Partner Avoidance	-.07	-.04	.05	-.22	.04	.05
Actor Anxiety	.23***	.27*	.24***	.68***	.62***	.77***
Partner Anxiety	.15*	-.14	.06	.14	.10	.03
Actor Gender by Passion	-.07	-.05	-.01	-.13	-.21	-.24
Partner Gender by Passion	.05	.11	-.06	-.23	-.23*	-.15
Actor Gender by Avoidance	-.09	-.23	.10	.23	-.02	-.07
Partner Gender by Avoidance	-.01	.09	.05	.17	.27**	.19
Actor Gender by Anxiety	.03	.14	.01	.11	.16	.19
Partner Gender by Anxiety	-.03	-.12	-.00	.12	.07	.01
Actor Avoidance by Passion	-.07	-.32**	-.04	-.01	.01	-.08
Partner Avoidance by Passion	.06	-.29*	-.10	.00	.01	.10
Actor Anxiety by Passion	-.09	.31**	-.05	.03	.20	-.01
Partner Anxiety by Passion	.03	-.13	.07	-.05	.00	.09

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 7: Level 2 Interactions - Distance Goals

	GL	AG	GF	PI	MI	CI
Male avoidance by Female Anxiety	.14*	-.08	.19***	.23	.17	.16
Male anxiety by Female avoidance	.05	.10	-.14	.15	-.12	.19
Male avoidance by Female avoidance	-.04	-.09	.04	-.14	-.17	.05
Male anxiety by Female anxiety	-.01	.10	-.02	-.22*	.00	-.46***
Male passion by Female passion	-.24**	-.15	.02	-.04	-.29	.10
Male avoidance by Female Passion	-.15	-.24	.08	.35	.14	.17
Male anxiety by Female passion	.08	-.27	-.03	.24	-.05	.29
Male passion by Female avoidance	-.17	-.14	.15	-.16	-.04	.04

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 8: Level 1 Main Effects - Self-Regulation Goals

	GL	AG	GF	PI	MI	CI
Intercept	5.94	5.60	1.75	2.92	3.43	3.13
Gender	.08*	-.07	.02	-.14	.03	-.00
Actor Passion	.38***	.17*	-.03	-.18	-.10	-.00
Partner Passion	.12*	.18*	-.09	-.19	.03	-.06
Actor Avoidance	-.32***	-.27***	.18**	.37***	.40***	.51***
Partner Avoidance	.04	-.02	-.02	.02	-.01	-.12
Actor Anxiety	.10*	-.17**	.21***	.54***	.54***	.49***
Partner Anxiety	-.01	.02	.08*	.08	.09	.15

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 9: Level 1 Main Effects and Interactions – Self-Regulation Goals

	GL	AG	GF	PI	MI	CI
Intercept	3.95	4.40	.90	1.96	1.16	.82
Gender	.14	-.40	-.21	.83	.12	-.22
Actor Passion	.33***	.23*	-.01	-.16	-.11	.00
Partner Passion	.08	.24**	-.10	-.23	-.05	-.14
Actor Avoidance	-.31***	-.27***	.19***	.44***	.44**	.53***
Partner Avoidance	.06	-.04	.04	.13	.09	-.11
Actor Anxiety	.07	-.18**	.22***	.48***	.53***	.49***
Partner Anxiety	.02	.01	.04	.02	.02	.09
Actor Gender by Passion	-.06	.13	-.04	-.16	-.09	-.03
Partner Gender by Passion	-.05	.07	-.14**	-.07	-.10	-.08
Actor Gender by Avoidance	.03	.00	.03	-.07	.06	.04
Partner Gender by Avoidance	.02	-.01	-.01	.06	.10	.08
Actor Gender by Anxiety	.02	-.01	.02	.03	.03	.03
Partner Gender by Anxiety	.02	-.01	.14**	.08	.06	.03
Actor Avoidance by Passion	.11*	-.06	-.07	.03	.04	-.03
Partner Avoidance by Passion	.07	-.06	-.04	.21*	.24*	.13
Actor Anxiety by Passion	.08	.04	.04	.19*	.05	.15
Partner Anxiety by Passion	-.04	.01	.03	.11	.19	.14

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 10: Level 2 Interactions – Self-Regulation Goals

	GL	AG	GF	PI	MI	CI
Male avoidance by Female Anxiety	.04	-.05	.06	.07	.11	.06
Male anxiety by Female avoidance	.03	.03	-.07	-.09	-.10	.07
Male avoidance by Female avoidance	.03	.02	.02	.05	.10	-.05
Male anxiety by Female anxiety	-.01	.04	.05	.09	.07	.01
Male passion by Female passion	-.06	.15	-.24**	-.34*	-.43*	-.39*
Male avoidance by Female Passion	.01	.00	-.09	-.08	-.19	-.17
Male anxiety by Female passion	-.01	-.23*	-.03	-.10	.02	.19
Male passion by Female avoidance	-.02	.02	.10	.10	-.02	-.02

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 11: Level 1 Main Effects - Sex Goals

	GL	AG	GF	PI	MI	CI
Intercept	5.86	5.41	1.97	3.09	3.17	4.25
Gender	-.26***	.14	.04	-.38***	.12	-.01
Actor Passion	.30*	.00	-.03	-.11	-.14	.17
Partner Passion	.07	.08	-.01	-.20	.05	.37***
Actor Avoidance	-.27**	.02	-.05	.16	.37***	.02
Partner Avoidance	-.02	-.12	-.01	.04	-.07	.06
Actor Anxiety	-.08	-.09	.25***	.40***	.25*	.44***
Partner Anxiety	-.08	-.06	.08	.16	.17	.15

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 12: Level 1 Main Effects and Interactions – Sex Goal

	GL	AG	GF	PI	MI	CI
Intercept	3.40	3.45	1.45	3.96	2.90	-.68
Gender	.45	.01	.07	-.02	-.32	1.23
Actor Passion	.48**	.24	-.04	-.20	-.24	.18
Partner Passion	.17	.26	-.02	-.42*	-.04	.42*
Actor Avoidance	-.25*	.05	-.10	.17	.31	-.03
Partner Avoidance	-.00	-.09	-.04	.04	-.09	-.02
Actor Anxiety	-.10	-.09	.26***	.36*	.25	.38**
Partner Anxiety	-.06	-.08	.09	.18	.11	.11
Actor Gender by Passion	-.11	.09	-.05	-.21	-.00	-.07
Partner Gender by Passion	-.02	.09	-.07	-.10	-.05	.00
Actor Gender by Avoidance	-.25**	-.29*	.05	.04	.11	.01
Partner Gender by Avoidance	-.16*	-.22*	.04	-.09	.11	.10
Actor Gender by Anxiety	.06	.11	-.03	.05	.05	-.13
Partner Gender by Anxiety	.05	.03	-.00	.05	.01	.03
Actor Avoidance by Passion	-.23**	-.32*	-.10	.00	.22	.02
Partner Avoidance by Passion	.04	-.32**	-.11	.45**	.15	-.03
Actor Anxiety by Passion	.18	-.00	.03	.28	.08	.27
Partner Anxiety by Passion	.07	.06	.00	.00	.09	.24

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 13: Level 2 Interactions - Sex Goal

	GL	AG	GF	PI	MI	CI
Male avoidance by Female Anxiety	-.12	-.15	-.02	.18	-.23	-.27
Male anxiety by Female avoidance	-.01	-.07	.18	.22	.08	.19
Male avoidance by Female avoidance	.39*	-.02	-.06	.06	.11	-.04
Male anxiety by Female anxiety	-.04	.10	-.10	-.02	.00	-.17
Male passion by Female passion	-.05	.22	-.32**	-.25	-.18	-.52*
Male avoidance by Female Passion	-.26	-.16	-.33	.18	.37	-.29
Male anxiety by Female passion	-.25	-.07	.32**	-.03	.01	.21
Male passion by Female avoidance	.28	.41	.08	-.35	-.39	-.32

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 14: Level 1 Main Effects - Support Goals

	GL	AG	GF	PI	MI	CI
Intercept	6.39	6.06	1.61	2.80	2.79	2.79
Gender	.14**	.08	-.02	-.23**	-.26**	-.17
Actor Passion	.44***	.33***	-.06	-.27*	-.14	-.02
Partner Passion	.11	.25*	-.04	.06	-.05	-.06
Actor Avoidance	-.33***	-.30***	.20***	.32**	.44***	.57***
Partner Avoidance	.04	.04	.00	.13	.07	.17
Actor Anxiety	-.04	-.11*	.18***	.53**	.48***	.43***
Partner Anxiety	-.03	-.07	.09*	.14	.09	.02

* p < .05, ** p < .01, *** p < .001; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 15: Level 1 Main Effects and Interactions - Support Goals

	GL	AG	GF	PI	MI	CI
Intercept	4.59	4.51	.98	.89	1.41	.13
Gender	.54	-.57	.42	1.05	.65	1.35
Actor Passion	.40***	.35***	-.10	-.30*	-.16	-.02
Partner Passion	.12	.23**	-.06	.00	-.20	-.12
Actor Avoidance	-.32***	-.33***	.21***	.35**	.50***	.68***
Partner Avoidance	.01	.01	.08	.19	.10	.22
Actor Anxiety	-.07	-.16**	.19***	.52***	.50***	.39***
Partner Anxiety	-.03	-.05	.05	.10	.03	-.04
Actor Gender by Passion	-.05	.12	-.14*	-.13	-.08	-.12
Partner Gender by Passion	.04	.04	-.08*	.03	.04	.08
Actor Gender by Avoidance	.07	.05	.03	-.10	-.10	-.11
Partner Gender by Avoidance	.06	-.02	.00	-.03	.05	.03
Actor Gender by Anxiety	-.03	.01	.01	-.06	-.06	-.09
Partner Gender by Anxiety	-.06	-.03	.05	.01	-.07	-.06
Actor Avoidance by Passion	.11	-.08	-.01	.16	.09	.16
Partner Avoidance by Passion	-.01	-.02	-.07	.09	.32**	.18
Actor Anxiety by Passion	.04	.02	.02	.15	.18	.15
Partner Anxiety by Passion	.00	.04	-.00	.12	.14	.04

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Table 16: Level 2 Interactions - Support Goals

	GL	AG	GF	PI	MI	CI
Male avoidance by Female Anxiety	-.16**	-.09	.03	.08	.01	-.02
Male anxiety by Female avoidance	.06	.07	-.11	-.05	-.23	-.25
Male avoidance by Female avoidance	.16	.13	-.01	-.01	.13	.15
Male anxiety by Female anxiety	-.01	-.04	.08	.14	.30**	.08
Male passion by Female passion	-.00	-.26**	-.11	-.15	-.35***	-.14
Male avoidance by Female Passion	.11	-.05	.08	-.05	-.15	.12
Male anxiety by Female passion	.09	.09	-.02	.08	-.15	-.01
Male passion by Female avoidance	.07	.09	.08	.02	-.03	.14

* $p < .05$, ** $p < .01$, *** $p < .001$; GL = goal pursuit, AG = achieve goal, GF = goal frustration, PI = partner interferes, MI = my behavior interferes, CI = external circumstances interfere.

Figure 1: Actor by Partner Passionate Love and Intimacy Goal Frustration

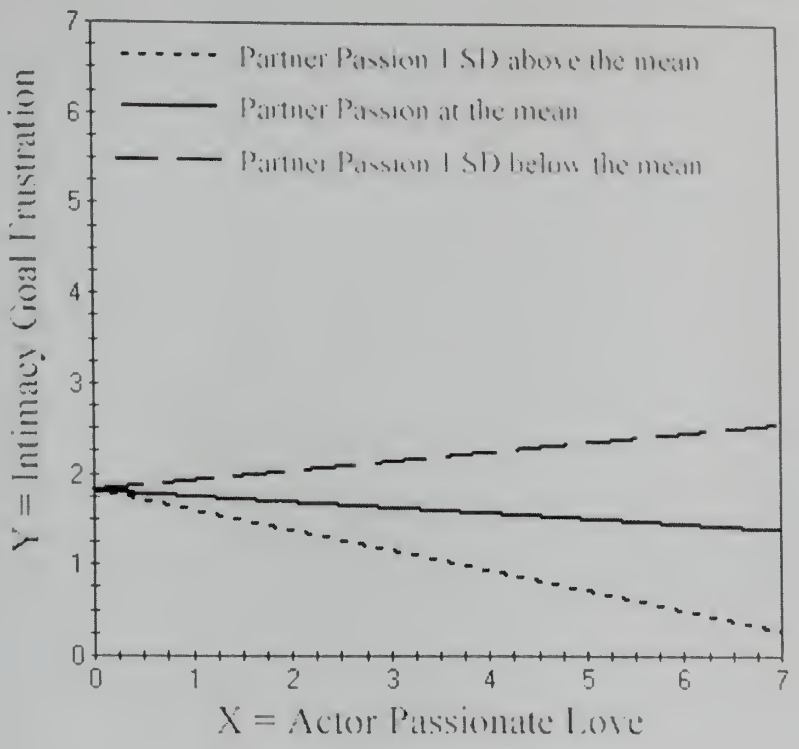


Figure 2: Actor by Partner Passionate Love and My Partner Interferes with Intimacy Goals

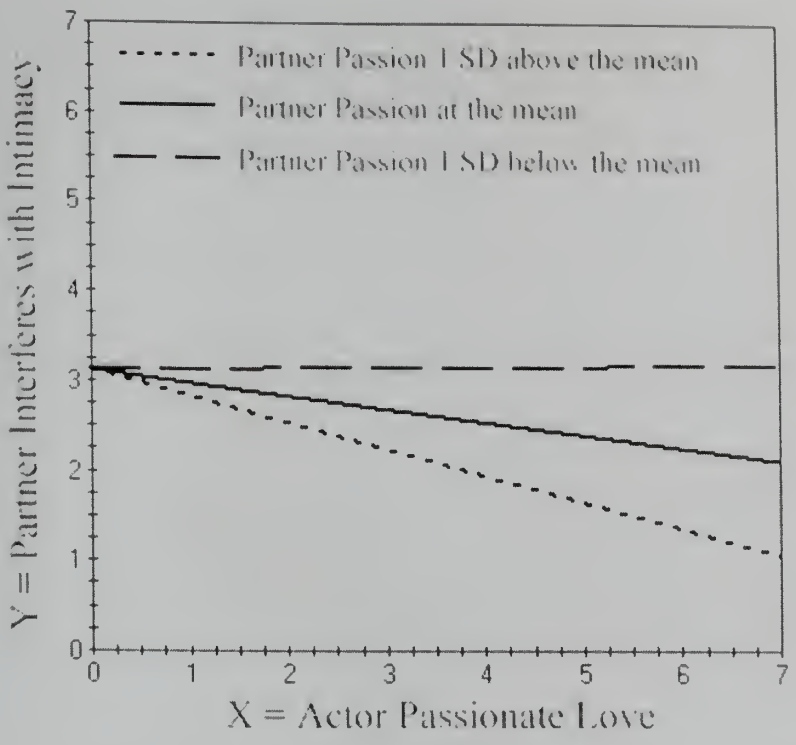


Figure 3: Actor by Partner Passionate Love and My Behavior Interferes with Intimacy Goals

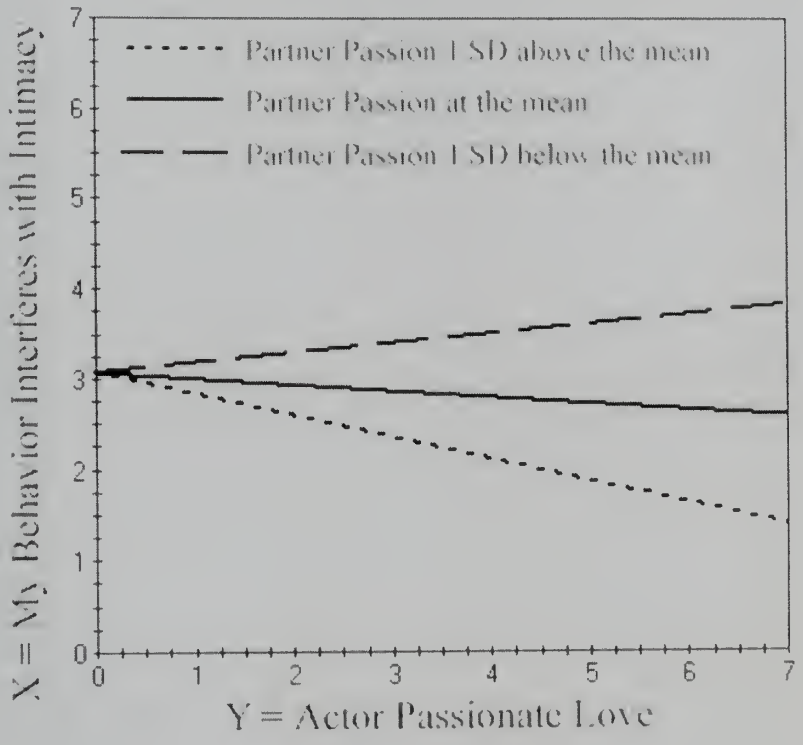


Figure 4: Actor by Partner Passionate Love and External Circumstances Interfere with Intimacy Goals

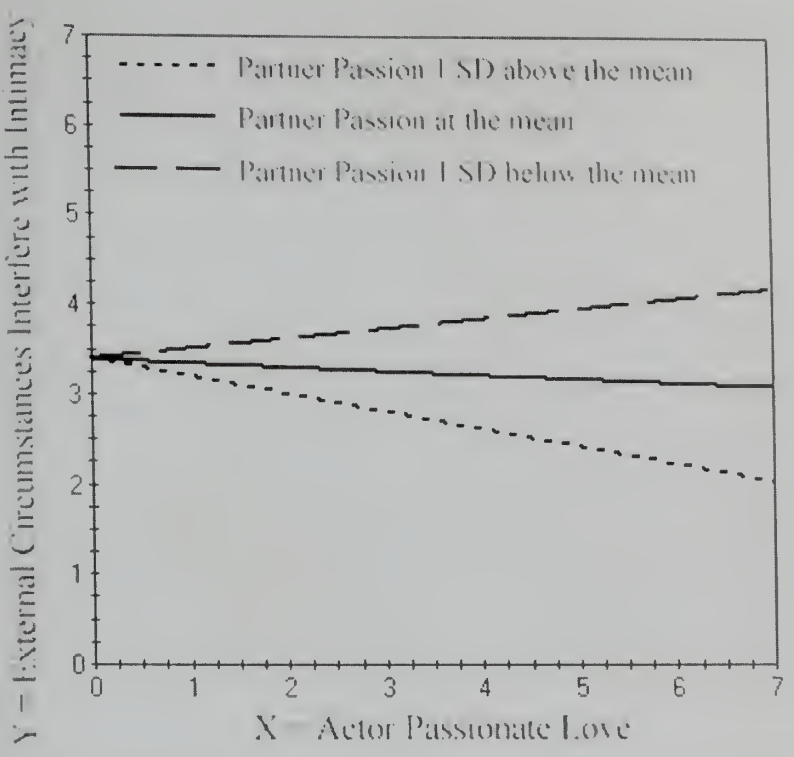


Figure 5: Actor by Partner Passionate Love and Sex Goal Frustration

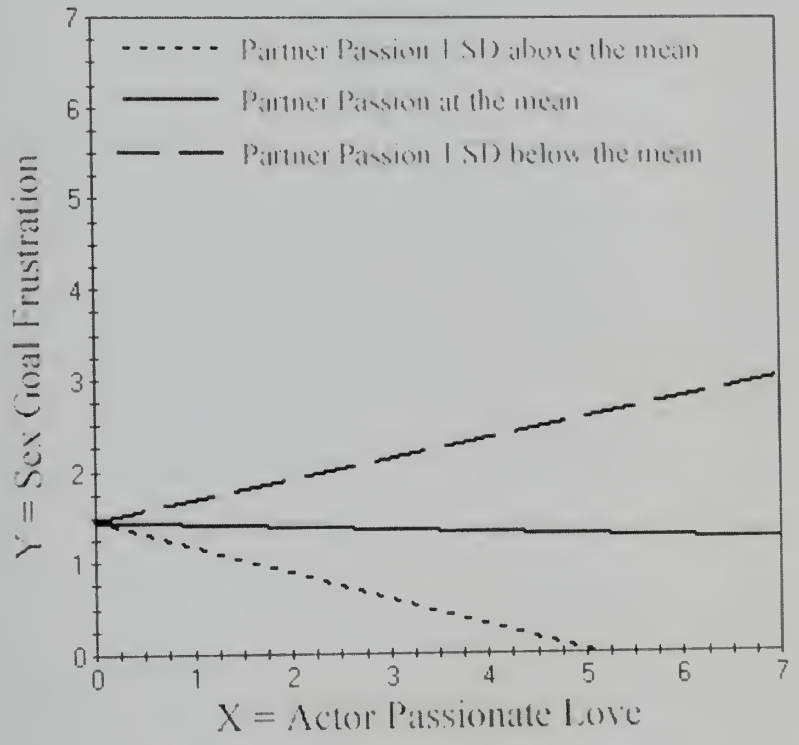


Figure 6: Actor by Partner Passionate Love and External Circumstances Interfere with Sex Goal

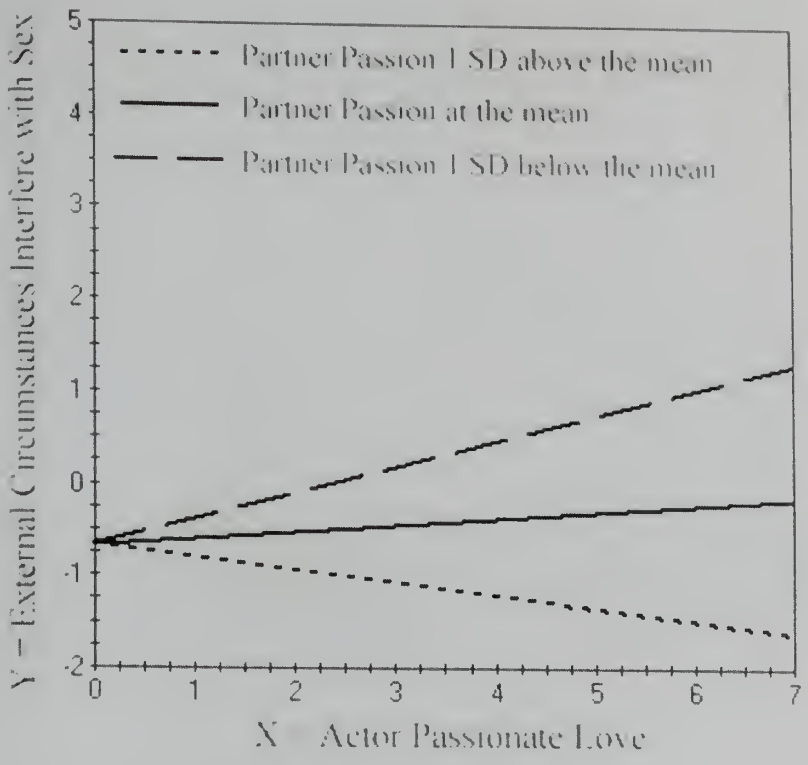


Figure 7: Actor Avoidance by Partner Avoidance and Sex Goal

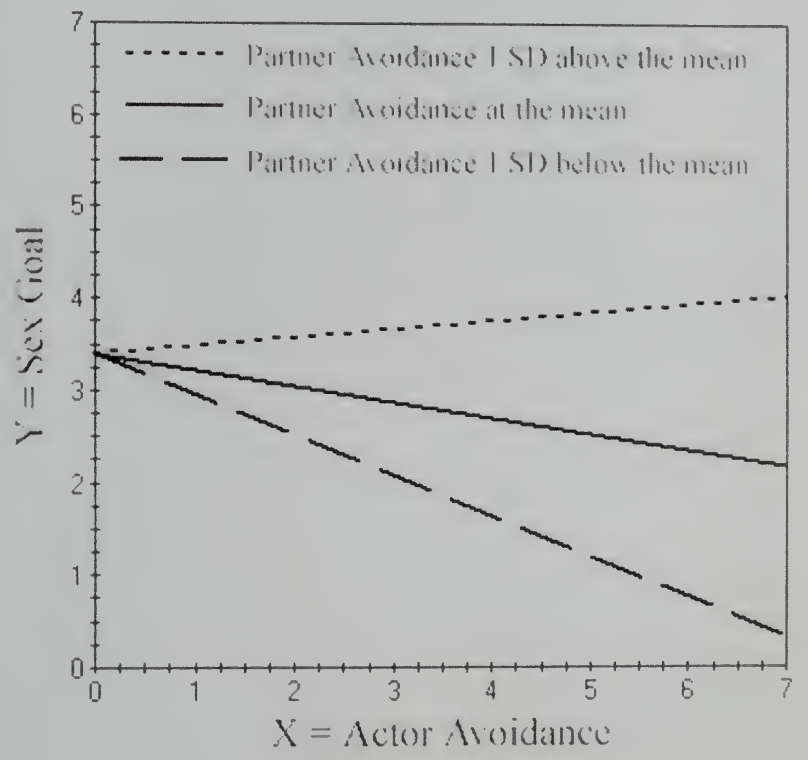


Figure 8: Actor by Partner Passionate Love and Distance Goals

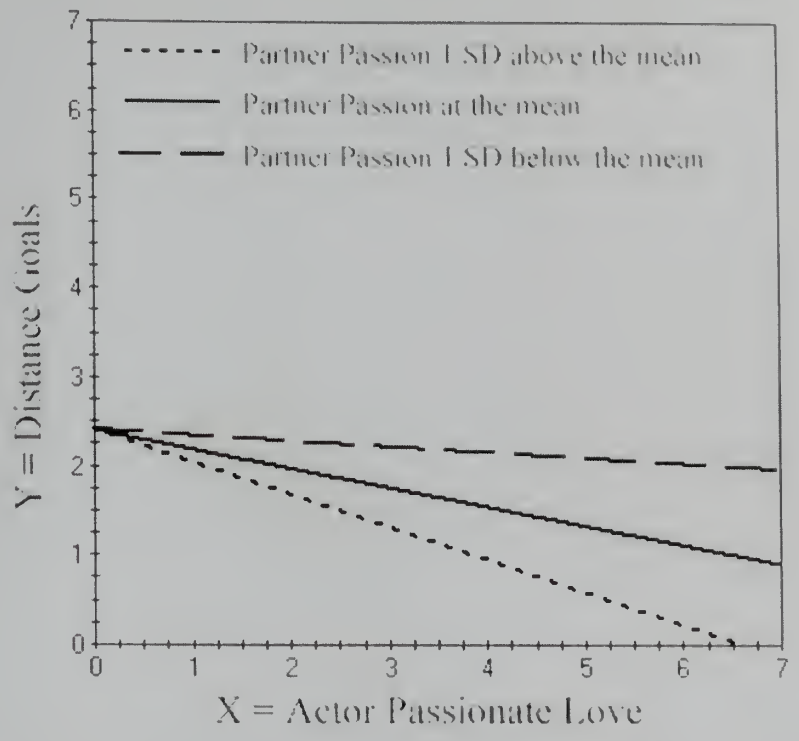


Figure 9: Actor by Partner Passionate Love and the Achievement of Support Goals

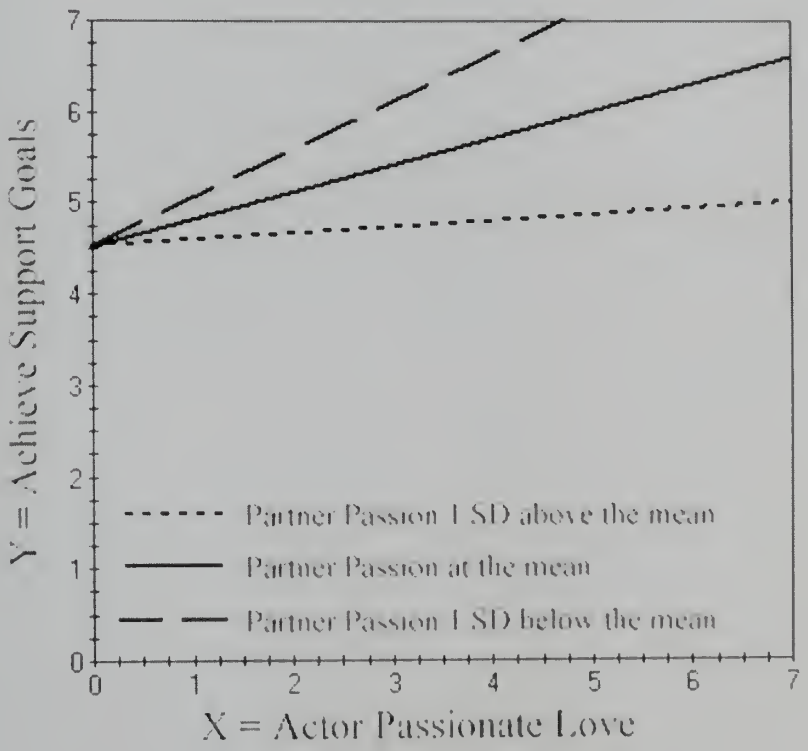


Figure 10: Actor by Partner Passionate Love and the Frustration of Self-Regulation Goals

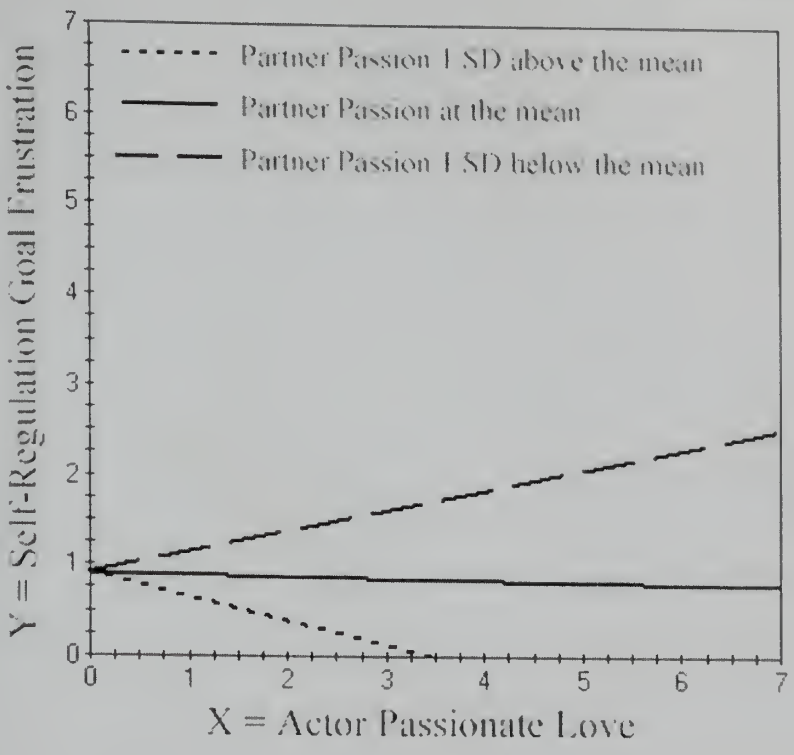


Figure 11: Actor by Partner Passionate Love and My Partner Interferes with Self-Regulation Goals

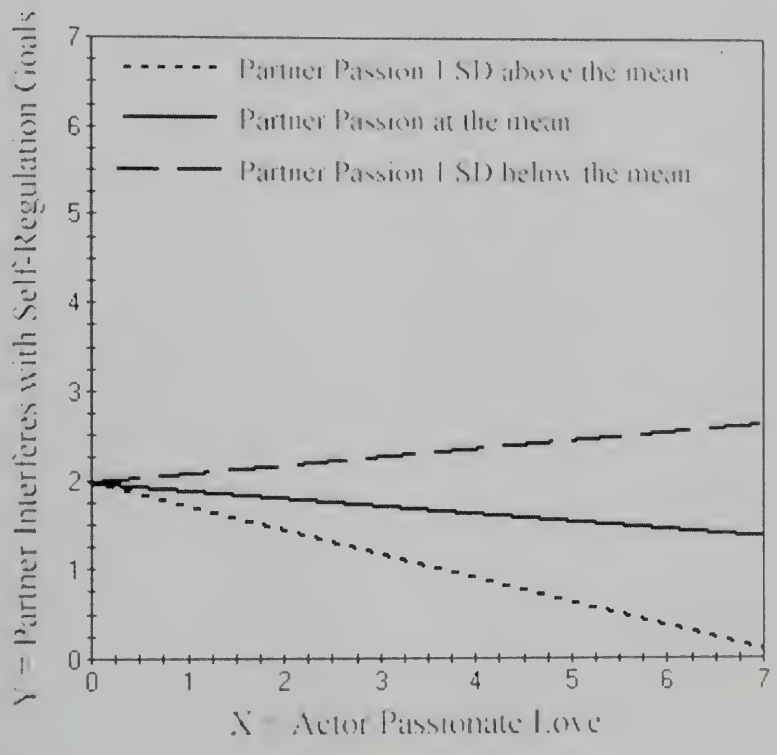


Figure 12: Actor by Partner Passionate Love and My Behavior Interferes with Self-Regulation Goals

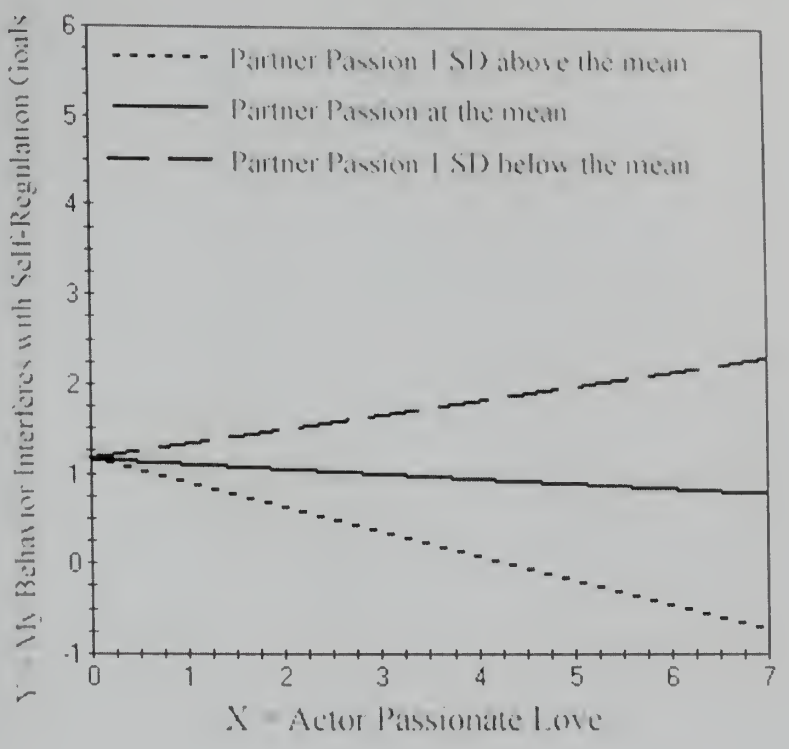


Figure 13: Actor Anxiety by Partner Anxiety and My Behavior Interferes with Support Goals

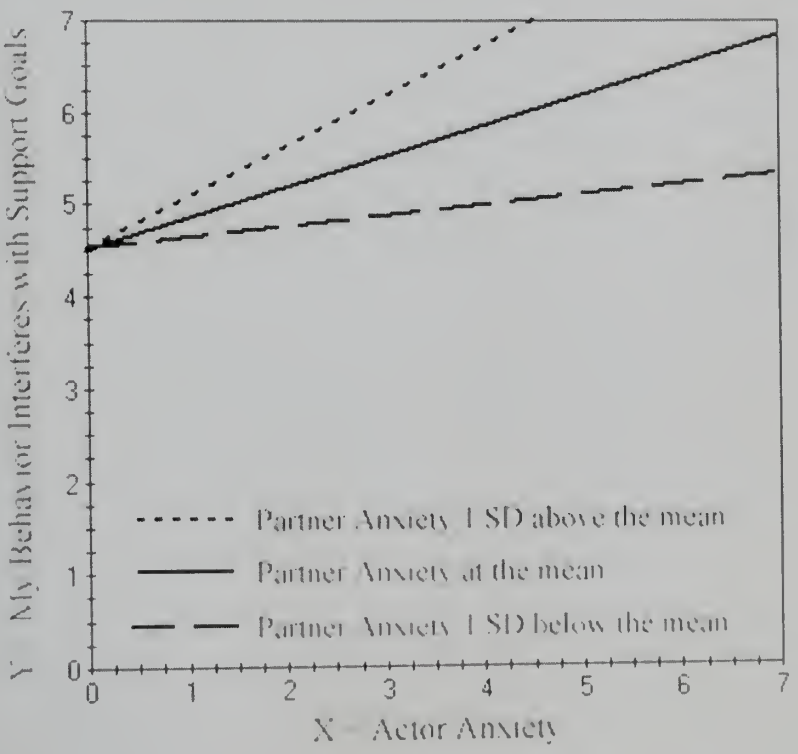


Figure 14: Actor Anxiety by Partner Anxiety and My Partner Interferes with Distance Goals

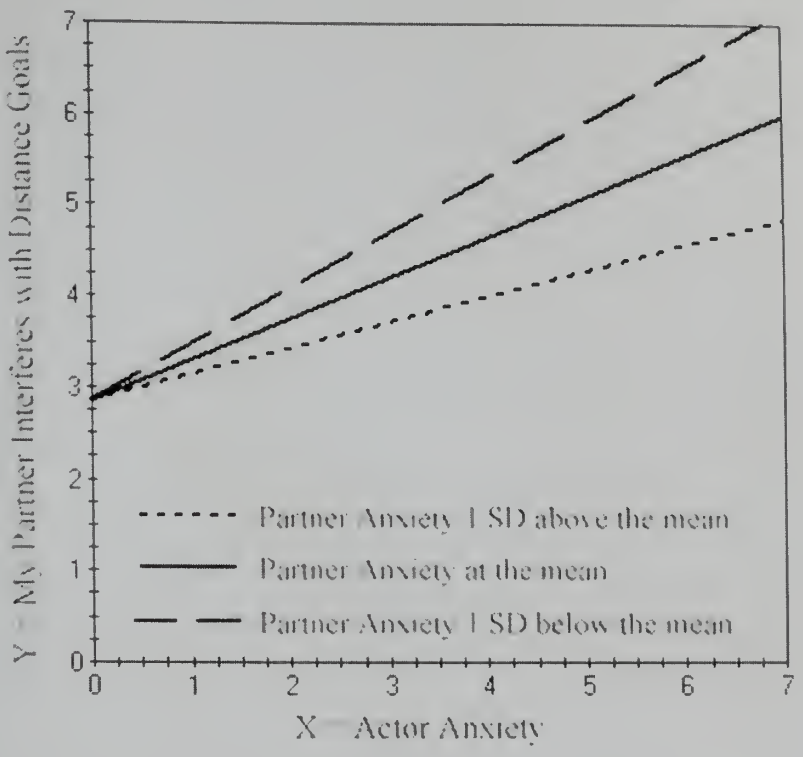


Figure 15: Actor Anxiety by Partner Anxiety and External Circumstances Interfere with Distance Goals

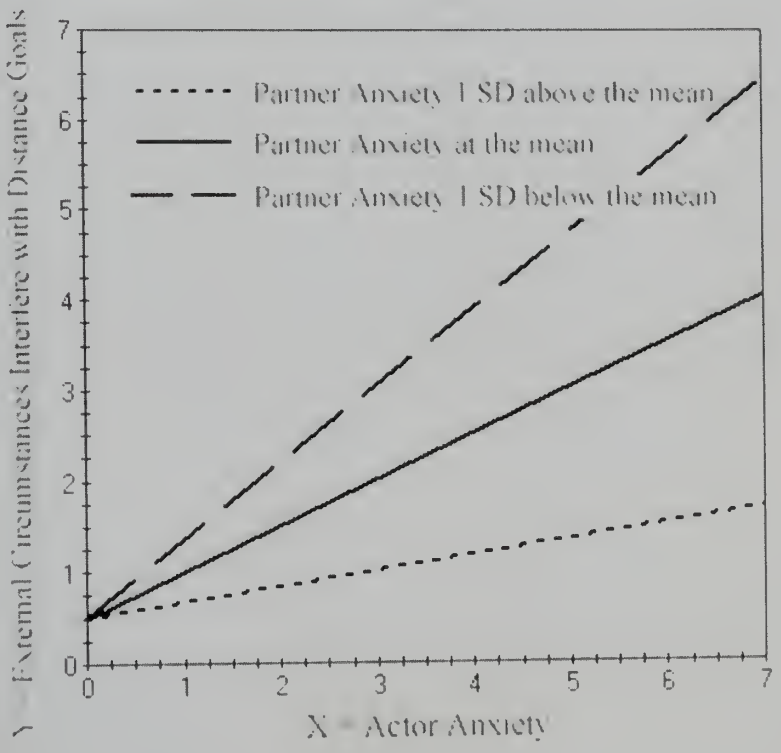


Figure 16: Male Avoidance by Female Anxiety and the Achievement of Intimacy Goals

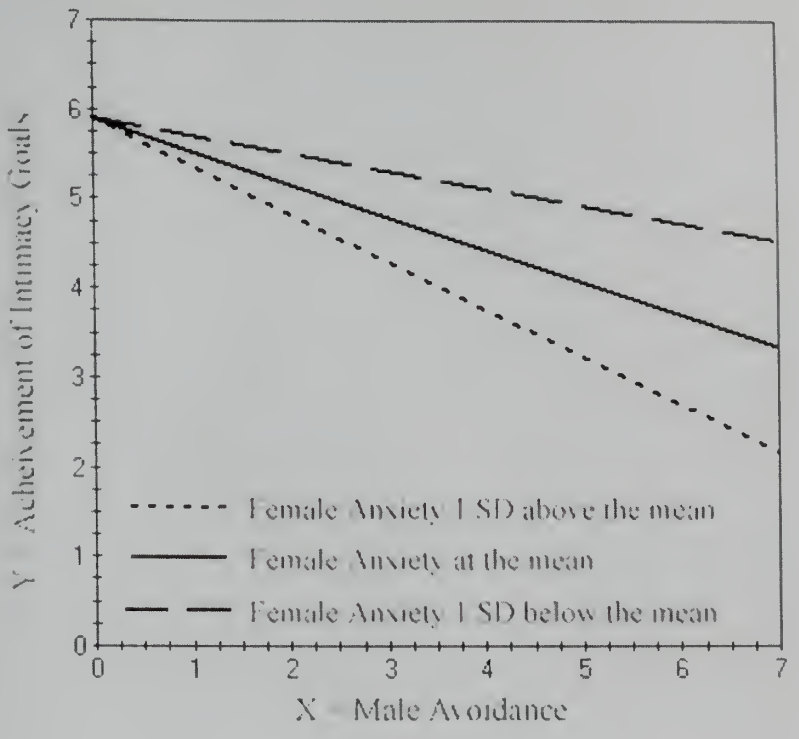


Figure 17: Male Avoidance by Female Anxiety and the Pursuit of Support Goals

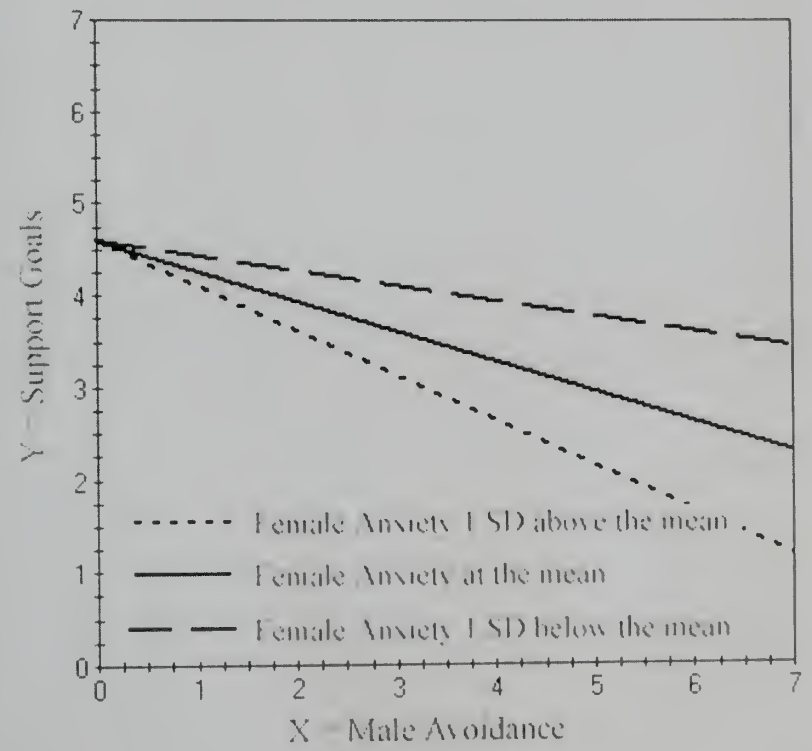


Figure 18: Male Avoidance by Female Anxiety and the Pursuit of Distance Goals

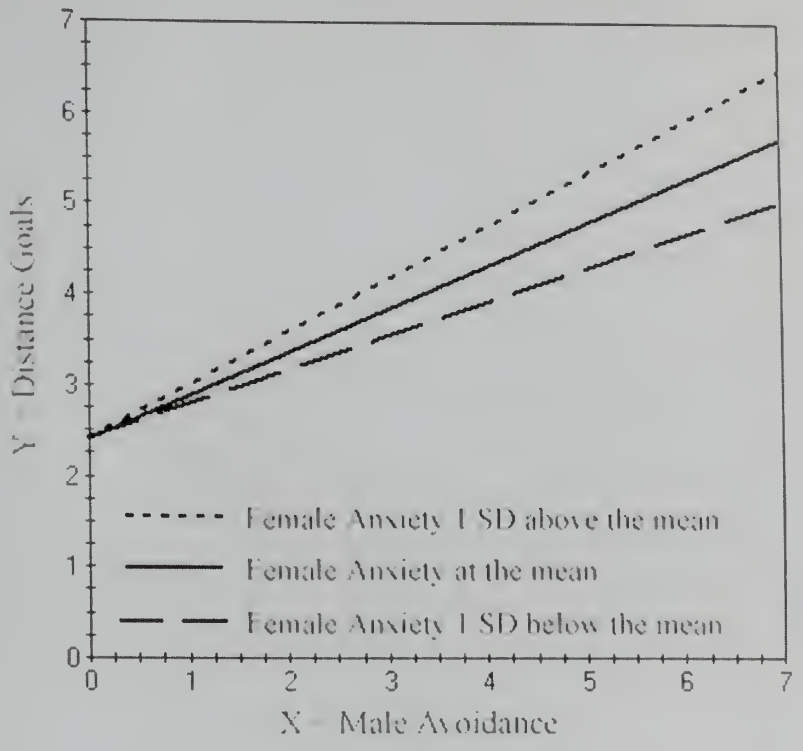
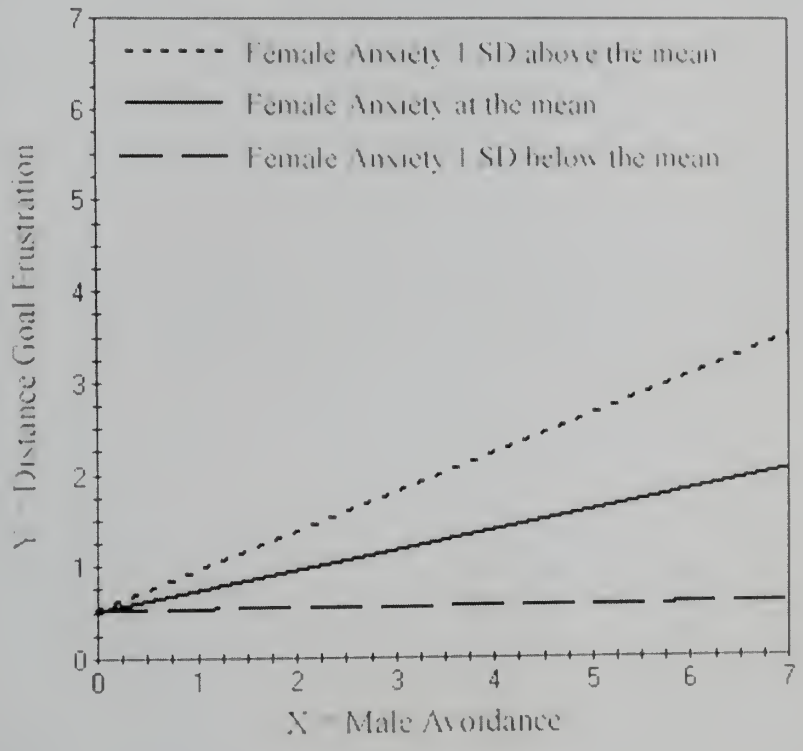


Figure 19: Male Avoidance by Female Anxiety and Distance Goal Frustration



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